



Position Description

Department: Moore County Department of Aging

Title: *Group Exercise Leader*

Goal: *The Moore County Department of Aging provides appropriate group exercise routines for seniors aged 50 and older.*

Duties:

- *Lead multiple level exercise routines and classes*
- *Successfully demonstrate proper form of all exercises and routines offered*
- *Properly use required exercise apparatus*
- *Maintain and clean fitness equipment and apparatus*
- *Keep standards set forth by the American College of Sports Medicine*

Qualifications:

- *Must be 18 years of age or older*
- *Must be good with people*
- *Must have previous group exercise leadership experience*
- *Have the ability to follow and carry out instructions*
- *Have good oral communication skills*

Time Required: Minimum 1 hour per week

Supervisor: Fitness Coordinator

Physical Demands: Able to lift 5-20 lbs. weights and other exercise apparatus, if necessary; a negligible amount of force constantly to move objects; work requires stooping, kneeling, crouching, reaching, standing, walking, pulling, lifting, grasping, and repetitive motions; vocal communication is required for expressing or exchanging ideas by means of the spoken word, and conveying detailed to perceive information at normal spoken word levels, and to receive detailed information through oral communications and/or to make fine distinctions in sound; visual acuity is required for depth perception, color perception, preparing and analyzing written or computer data, visual inspection involving small defects and/or small parts, determining the accuracy and thoroughness of work, and observing general surroundings and activities; the volunteer is subject to inside and outside environmental conditions.